

Menu Name : Parnassus Preparatory School Breakfast Menu	Meal Pattern : NSLP	Meal: Breakfast
Grade Level / Age Group : K-12 Grades		
December - 2023		

Breakfast	<p><i>"Christmas is like candy; it slowly melts in your mouth sweetening every taste bud, making you wish it could last forever." – Richelle E. Goodrich</i></p>	Week IV	<p>Friday, December 1, 2023</p> <p>* Student Favorite* Low Sugar WG Chocolate Enrobed Donut (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p> <p style="color:red;"><i>Chef's Choice may be offered</i></p>
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Breakfast	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023	Week V
	Fruit Strudel (2 items)	Apple Cinnamon Muffin (2 items)	Delicious Mini Pancake Bites (2 items)	Low Sugar WG Cinnamon Roll (2 items)	* Student Favorite* Low Sugar Whole Grain Chocolate Cake Donut (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	<i>Chef's Choice may be offered</i>					

Breakfast	Monday, December 11, 2023	Tuesday, December 12, 2023	Wednesday, December 13, 2023	Thursday, December 14, 2023	Friday, December 15, 2023	Week VI
	Banana Muffin (2 items)	Favorite Mini Cinnis (2 items)	Strawberry Hand Pie (2 items)	Mini French Toast Pack (2 items)	* Student Favorite* Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	<i>Chef's Choice may be offered</i>					

Breakfast	Monday, December 18, 2023	Tuesday, December 19, 2023	Wednesday, December 20, 2023	Thursday, December 21, 2023	Friday, December 22, 2023	Week I
	WG Chocolate Swirl Breakfast Roll (2 items)	"New" Confetti Snackbread (2 Items)	WG Banana Oatmeal Breakfast Round (2 items)	Whole Grain Chocolate Chip Muffin (2 items)	Low Sugar Whole Grain Cake Donut (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	<i>Chef's Choice may be offered</i>					

Breakfast	Monday, December 25, 2023	Tuesday, December 26, 2023	Wednesday, December 27, 2023	Thursday, December 28, 2023	Friday, December 29, 2023	Week II
	WG Apple Mini Bites (2 items)	Orange Dream Muffin (2 items)	Mini French Toast Pack (2 items)	Delicious Mini Pancake Puffs (2 items)	WG Cinnamon Swirl (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	<i>Chef's Choice may be offered</i>					

*** Three items meet USDA Requirements (One item must be fruit) ***

Christmas will always be as long as we stand heart to heart and hand in hand." — Dr. Seuss

January 2024 Menu (Subject to Change)

	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024	
Breakfast	Low Sugar Whole Grain Cake Donut (2 items)	WG Chocolate Chip Muffin (2 items)	Apple Frudel (2 items)	Banana Breakfast Bread (2 items)	<i>* Student Favorite*</i> Low Sugar WG Honey Bun (2 items)	Week III
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	<i>Chef's Choice may be offered</i>					
Breakfast	WG Cinnamon Swirl (2 items)	Banana Muffin (2 items)	<i>* Student Favorite*</i> Low Sugar Whole Grain Apple Fritter Bun (2 items)	Delicious Mini Pancake Bites (2 items)		Week IV
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)		
	<i>Chef's Choice may be offered</i>					